

## Working Smarter Not Harder

Etudes and Exercises are excellent tools to gain specific technical facility, speed and control in your harp playing. There are many books of etudes and it is good to focus on one then another rather than working on four different books at one time.

This is an overview of five books.

### ***Harp Exercises for Agility and Speed – Deborah Friou***

This is a book that can be used for all levels and specifically a good place for beginners to start. The book includes pieces that the skills taught are used in at the end of sections. A Theme and Variations piece at the end incorporates skills learned throughout the entire book.

**I. TWO NOTE CHORDS**

Both fingers should sound together and be of equal strength.

Scales      Fingers should pluck into palm.

**1**

Thirds

Fifths

Sixths

Octaves

**2**

Thirds

Fifths

Sixths

Octaves

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### ***Thumbs Up! And Levers Up! – Kathy Bundock Moore***

This is a Beginning Harp book for Adults, College-Level Student and Students. The focus of this book is playing with good tone, agility, suppleness and basic technique. Memorizing an etude or two a week will help you both in your memorizing and ultimate performing.

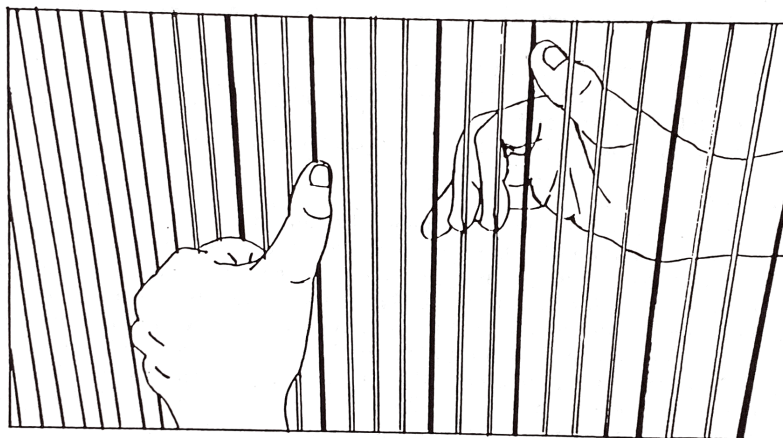
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#### **PROGRESSIVE STUDIES**

##### **Basic Hand Position**

Below is a picture of basic hand position for both hands. Notice how high the thumb is placed in relation to the placement of fingers 2, 3 and 4. To achieve this position, first extend your hand *as you would in order to shake hands with someone*, then place the fingers on the strings, gently curving them as in the picture. Also notice that both wrists are bent in at a 120° angle.

##### **Correct Hand Position**



*Incorrect Hand Position--thumbs are too low.*



### *Metodo per Arpa (Method for the Harp) – Maria Grossi*

This book is a comprehensive method for the harp. It breaks down complicated patterns into short exercises that can put together once the skill is attained. It is now available in English, thanks to Jan Jennings who did the translation! As an added bonus there are 45 small studies written by Ettore Pizzoli for this method book.

[illegible]

*Celebres Etudes pour la Harpe, Op. 62 – Nicolas-Charles Bochsa*

These twenty-five studies is a set of part of the “Favourite Studies” for intermediate and advanced players. These studies help the harpist gain flexibility and speed. These pieces were reviewed by Alphonse Hasselmans, professor at the Paris Conservatoire, who also indicated the finger positions to use.

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## EXERCICE IX

All<sup>o</sup> agitato con esp.

[illegible]

L. R. 226.

## Conditioning Exercises – Carlos Salzedo

These exercises are excellent warm-ups for the beginning of your practice. There are ten exercises that are to be played without stopping, first your right hand and then your left.

There are tempo markings that give you the estimated time that you should be able to complete the exercise. The range is between 8-12 minutes for each hand. The exercises are in C Major and the chords remain the same throughout.

### II

Place only one finger in advance  
*Ne placez qu'un doigt en avance*



### III

Place only one finger in advance  
*Ne placez qu'un doigt en avance*

